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Man accused of sending letter bombs denied bail

CRIME

**Guido Amsel
will remain
in custody
until his trial**

A man accused of sending letter bombs to his ex-wife and two lawyers was denied bail Wednesday, but he plans to appeal.

Guido Amsel was ordered by provincial court Judge Heather Pullan to remain in custody pending his trial on charges that include three counts of attempted murder. The decision followed three days of evidence which cannot be reported due to a publication ban.

Amsel's lawyer, Martin Glazer, said outside a Winnipeg courtroom that his client will appeal the bail ruling.

"He's not happy with the decision. He was hoping to get out today and go back to his family and to his work and, so, this is just Round 1."

Amsel, 49, was arrested in early July after bombs were sent to his former wife's workplace and the offices of lawyers who had represented Amsel and his wife in their divorce. Police said that in each case an explosive compound was inserted into a recording device.

Two bombs were safely disposed of, but one exploded and severely injured lawyer Maria Mitousis.

She lost a hand and suffered other injuries which will require long-term rehabilitation.

Glazer has said his client did not commit the crime and should not have to sit in jail until a trial that could be two years away.

Mitousis is well-known in Winnipeg's legal community and Glazer said one challenge for upcoming legal proceedings is finding a judge who does not know her or the other alleged victims.

"Even at the trial, we may need an out-of-province judge to hear the matter."

THE CANADIAN PRESS

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Sex misconduct protocol unveiled at U of Winnipeg

CONSENT

Support, education and response team now offered



Dave Baxter
Metro | Winnipeg

When it comes to sex, the University of Winnipeg wants to give students a lesson on the meaning of consent.

Classes at U of W started Tuesday, and the university launched a sexual misconduct protocol, which will offer education and support to students on issues regarding sexual harassment, sexual abuse and stalking.

U of W is also offering a sexual misconduct response team that students can call for support if they are victims of, or know someone who is a victim of sexual assault or harassment.

"We are really trying to address the idea of consent, and show there is a line that needs to be very clear," said student association representative Emily Epp.

People who are intoxicated cannot give consent, and consent can be withdrawn at any time, said Epp.

"So we are trying to change this idea that if a person is



First-year U of W students Zack Dahlin and Kandace Law-Quon are happy they are going to a school with access to help when dealing with things such as harassment, consent or assault. DAVE BAXTER/METRO



If a guy feels like they are entitled to it, that is when they will cross that line, especially when alcohol is involved.

Zack Dahlin, student

drunk you can take them home, and there will be no repercussions."

Epp said people not reporting abuse or harassment is a problem because people fear being stigmatized.

"People need to be comfortable to talk if something is happening," said Epp who added the response team would be there to listen, and offer resources ranging from law

enforcement to counselling.

First-year U of W student Zack Dahlin said he believes some men simply don't understand what consent means.

"Some guys seem to think they have the right to get girls to come home with them," said Dahlin.

"If a guy feels like they are entitled to it, that is when they will cross that line, especially when alcohol is in-

involved."

First year student Kandace Law-Quon likes that people will have a safe place to call if they need help.

"This may help them feel comfortable, and overall I think it will just bring more awareness to the issue," said Law-Quon.

More information is available at uwinnipeg.ca/askfirst.

BUSES

Routes to have reduced service

Winnipeg Transit's bus fleet has so few backup buses that the city says several bus routes will now be under-served, effective immediately and for the foreseeable future.

The city's communication department sent out a notice late Wednesday evening informing media of the impending bus shortage.

"Winnipeg Transit operates with among the lowest number of spare buses of any large Transit system," reads the statement from the city. "Recent increasing maintenance requirements have caused a backlog of buses pulled off routes for maintenance, resulting in a shortage of buses available for peak service."

This means rush hour commutes are about to get more jam-packed. The statement said different routes will be impacted on different days and commuters are advised to check the Winnipeg Transit website or call 311 the day they travel to see if their route will be affected.

Routes most likely to be affected during morning rush hour include 17, 21, 22, 25, 29, 34, 44, 46, 54, 55, 58, 66, 75, 78, 137, 160, 162 and 163. The afternoon rush hour routes that may see reduced service are 11, 12, 14, 16, 17, 18, 19, 21, 25, 26, 29, 41, 44, 46, 55, 58, 75, 77 and 183.

Winnipeg Transit's fleet currently has 590 buses. The move also comes as children and adults alike head back to school.

ELISHA DACEY/METRO

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COOK-OFF! POLICE CHIEF KNOWS HIS JERK Winnipeg police chief Devon Clunis was declared the winner against chef Tim Appleton on Wednesday as part of the first-ever Red River College Jerk Chicken Cook-Off. The event raised money for the Winnipeg Police Service Endowment Fund and the Red River College Youth-in-Care Bursary. DAVE BAXTER/METRO

Fentanyl blamed for overdose death

FATALITY

Drug said to
be 100 times
more toxic
than morphine



Dave
Baxter
Metro | Winnipeg

Winnipeg police have confirmed that a man who died from a drug overdose back in August was using cocaine mixed with fentanyl and are warning people about the dangers of the drug now flowing into Manitoba.

Back on Aug. 15, police reported that a Winnipeg man had died from an overdose. Health Canada has now confirmed drugs taken from the scene were a mix of cocaine and fentanyl.

Dr. Joss Reimer of the Winnipeg Regional Health Authority said fentanyl is about 100 times more toxic than morphine. Winnipeg police and RCMP said there has been a recent "influx" of the drug in Winnipeg and across Manitoba.

"We know that with the presence and with it being here that the deaths will naturally follow, sadly," said RCMP spokesman Kevin Brosseau.

Some drug users are purposely

using the drug, while others are using it unknowingly because it is often mixed with other drugs such as cocaine and heroin.

"Street drugs don't come with ingredients on them," said Brosseau. "They're made in basements. They're made in illicit labs."

The drug is also starting to show up in smaller and more remote Manitoba communities, said Brosseau.

Winnipeg police chief Devon Clunis said a report by the Canadian Centre on Substance Abuse showed that between 2009 and 2014 there were more than 1,000 drug-related deaths in Canada involving fentanyl.

IN BRIEF

Suspect arrested in Donwood Drive homicide

Winnipeg police have arrested a man wanted on a Canada-wide warrant in connection to the stabbing death of a man at a North Kildonan party last month. Darryl Arthur Abraham, 36, died in hospital after he was stabbed at a home in the first 100 block of Donwood Drive on Aug. 22.

Police identified George Alan Guimond, 35, as their suspect, who was arrested in downtown Winnipeg on Tuesday. Police said they have since discovered that a cab driver picked up a fare, along with a bike, in the area shortly after the homicide and are trying to identify the driver and the passenger. METRO

HEADINGLEY CORRECTIONAL CENTRE

Escaped inmate caught, police say

Headingley RCMP say an inmate who escaped from Headingley Correctional Centre has been caught.

Authorities say Levi Keegan Waldbilligh, 31, escaped from the jail at about 10:20 p.m. Tuesday. They believe he headed toward the city, his hometown. RCMP say they and the Winnipeg Police Service, including the canine unit and AIR1, were hunting for him.

Waldbilligh was serving time for breaking-and-entering and robbery. No one was hurt when he escaped, but RCMP are not saying how he managed to break out. METRO



Levi Keegan Waldbilligh
CONTRIBUTED

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Petric getting some traction

MUSIC

Transcona country duo has a hit — and a record deal

Donna Maxwell
Metro | Winnipeg

Jason Petric has been toiling away in the local country music scene for almost 10 years, playing clubs, writing songs, even releasing a couple of his own albums.

And while there were small successes here and there, it's fair to say the 25-year-old never caught on in a big way.

Last year the Transcona native joined forces with his younger brother, Tom, 23, and formed Petric.

And their career went from zero to 60 — real fast.

"In this industry you kind of spin your tires and hope you get a little bit of traction, and this year we got a little bit more than a little bit, so it's good and it's been really



Tom, right, and Jason Petric have signed with Dallas Smith's Steelhead Music.

COURTESY STEELHEAD MUSIC

exciting," Jason said.

For Petric, that traction came courtesy of Dallas Smith. The Canadian country star, and former lead singer of Default, saw the boys at last year's Canadian Country Music Awards and immediately asked them to join

him on the western leg of his Tippin' Point Tour.

The brothers did 11 dates with Smith in January and February, playing for crowds of up to 3,000 people.

It was an experience that Jason said was augmented by

the fact they played The Oak in Transcona for the first time right before heading out on tour.

"I love The Oak. I'm from Transcona, it's the local watering hole," he said.

"So going from that to what



You don't always get what you want, so when you get moments like this you gotta kind of soak it up and bank it for motivation.

Jason Petric

we got to experience with Dallas was awesome."

Tom said the Dallas Smith tour was "a dream come true," and he handled the much larger audience quite easily, until it came to performing in his hometown.

"The most nervous show was playing back in Winnipeg, 'cause I had family here. Everyone was there — so more pressure."

It was a dream come true for Jason too, but he said his years spent playing anywhere for anyone have taught him to live in the moment, and maintain a healthy memory bank.

"It was really exciting, there's a lot of momentum, (and) this is a tough industry," he said.

"You don't make a lot of money, you don't always get what you want, so when you get moments like this you gotta

kind of soak it up and bank it for motivation to keep on going and keep on working hard."

They've signed to Smith's Steelhead Music label, released their first single called 'Here Goes Everything' and Jason said it's been picked up by 90 per cent of the major country stations across the country, including QX 104 here in Winnipeg. They were CMT's Fresh Face Spotlight Artist for the month of August and they're working on their first EP right now.

A single, 'It Girl' is set to be released shortly.

So while the brothers haven't been given the key to Transcona just yet, Jason admits he's happy with the traction they've been getting lately.

"It's coming together quite well," he said.

Petric will play at their CD release party at The Park Theatre Nov. 25.

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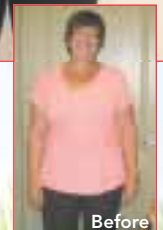
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Red Moon Road leads to Winnipeg stage

MUSIC

Folk trio marks album release at West End Cultural Centre

Jared Story
For Metro | Winnipeg

There are sweet songs, and then there are suite songs.

In its song Words of the Walls, Red Moon Road addresses Roslyn Court Apartments, a century-old apartment block located on the northern edge of the Osborne Village.

Words of the Walls is a track from the folk trio's new album, Sorrows and Glories.

Known for its Queen Anne Revival style, its disorienting layout, and the rumor that its architect went completely bananas and now haunts the halls, the Roslyn is a legendary local landmark.

"My cousin is living there on the top floor. It seems since high school I've always known somebody who lives there," says Daniel Jordan, who sings and plays guitar and bass drum in Red Moon Road.

"We were talking about how if these walls could talk, it would be pretty good black-mail material because they've seen some s---. It's over 100 years old. It's where the politicians used to live so you know there was some sketchy stuff going on.

"Also, some of the union workers from different plants were living there, so they were



Winnipeg's Red Moon Road is releasing its new album, Sorrows and Glories. CONTRIBUTED

drinking hard after work. Now the hipsters live there. I thought 'What a cool progression.'

"I love playing that song in Winnipeg. When I preface it I say, 'Show of hands, how many people have lived in or partied at the Roslyn?' Half of the hands go up and then everyone else looks around and reluctantly put their hands up too."

From lodging-inspired lyrics

to an actual lodge, Red Moon Road wrote and recorded demos for Sorrows and Glories in a cabin near Lac du Bonnet, Man.

A backwoods band, Red Moon Road, which also includes lead singer Sheena Rattai and multi-instrumentalist Daniel Pélouquin-Hopfner, recorded its 2013 EP Tales from the Whiteshell in an off-grid eco-cabin near Falcon Lake.

Still, Sorrows and Glories, produced by Juno Award-winner David Travers-Smith, isn't as rustic sounding as Tales from the Whiteshell.

"This one has a certain polish and slickness to it that's the opposite of what one would expect out of a log cabin," Jordan says.

"It was fun for us to go for something different. Still, you can take us out of the woods,

but you can't take the woods out of us."

Red Moon Road plays the West End Cultural Centre on Friday. The Small Glories, featuring Cara Luft and JD Edwards, and Matt Patershuk open the show.

Tickets are \$20 at the WECC, Ticketfly, Music Trader and the Winnipeg Folk Festival Music Store or \$25 at the door. Showtime is 8 p.m.

BALLET

Crews fix flood damage at ballet studio

Crews are working to repair the downtown studio of the Royal Winnipeg Ballet after a major flood late last month damaged offices, studio space and some valuable archival material.

On Aug. 22, a toilet in the third-floor physiotherapy room broke, pumping water for nearly 30 hours before it was detected.

Executive director Jeff Herd says the water soaked through the floors beneath and into the parking garage, bringing down the ceiling from the weight of the water.

But buildings can be fixed; officials with the ballet are more concerned with damage to the archive room, which housed papers, pictures and mementoes dating back to 1939.

Gayle Degagne calls it "heart-breaking," saying many of the things in the archives can't be replaced.

Wet archive material has been brought to a special drying room.

The ballet hopes to have everything repaired in a couple of weeks. THE CANADIAN PRESS

IN BRIEF

Vance Joy coming to town

Vance Joy will play the Burton Cummings Theatre on Jan. 19, 2016.

Calgary's Reuben and the Dark will open the show.

Tickets for the Winnipeg show go on sale Sept. 18 at livenation.com. METRO

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FIRST NATIONS

Manito Ahbee fest kicks off 10th year



Elisha Dacey
Metro | Winnipeg

While the celebration may be about indigenous culture, the festival is for people of all ethnic groups.

"The largest and fastest growing segment of our population is the indigenous (population)," said Lisa Meeches, executive director of the Manito Ahbee Festival. "We don't want to have an us-versus-them world. We want to have a world where everyone has the opportunity to have their culture honoured."

The festival, now in its 10th year, has a few things to brag about — including being one of the few music events televised every year in Canada, and the only powwow hosted in an NHL arena — but what they're most proud of is this year's "Indigenous We Day."

"Our young people are dealing with a different set of problems and issues on a reserve

level. Everything from addictions to suicide and bullying in the worst degree," said Meeches. "So we want to be able to use the teachings through arts and culture to help them deal with those issues."

The two-day Indigenous We Day portion of the event runs Thursday and Friday at the Canadian Museum for Human Rights.

With the announcement of One: The Mayor's National Summit on Racial Inclusion, Meeches said the festival is a way for non-indigenous families to participate in aboriginal culture and to ask questions.

Meeches says other ethnic communities who participate say "they were compelled to participate because it was part of their tradition as well."

Last year saw 20,000 people walk through the doors at the MTS Centre to watch the world's largest powwow. Admission is \$10 with activities and events Saturday and Sunday. Tickets are available at Ticketmaster.



The event celebrating indigenous culture kicked off in town on Wednesday. CONTRIBUTED



We want to have a world where everyone has the opportunity to have their culture honoured.

Lisa Meeches



Tickets for travelling show have sold so well that two more weeks have been added. The show runs till Oct. 18. DONNA MAXWELL/METRO

Winnipeg wild for Odysseo horse show

ENTERTAINMENT

City on verge of breaking the pre-sale record

Donna Maxwell
For Metro | Winnipeg

Odysseo's founder and artistic director wasn't sure he wanted to set up his tent in Winnipeg, but after a near-record 40,000 pre-sale tickets were sold, he's glad he did.

Normand Latourelle told a group of media gathered at the White Big Top on Sterling Lyon Parkway that the city, province and True North Entertainment had to convince him to bring his travelling show to town because Winnipeg is a smaller market than what they usually play to.

"I can say that by the opening tomorrow we will probably break (the) pre-sale record for sales, so thank you to Winnipeg," Latourelle said, noting they've added two more weeks of shows.

"The amount of people says maybe it's not enough, but the

+ DETAILS

Odysseo begins Thursday night and has been extended until Oct. 18. Entrance to the parking lot, located beside the big white tent, is off Wilkes Avenue.

response tells us we made the right choice."

Media were given a generous 50-minute glimpse of the show prior to its opening. From the horses to the acrobats to the

top-notch live band, it's a show that keeps your attention.

Elise Verdoncq has been riding with Odysseo, and before that Cavalia, for six years and admits the show caught her attention, so much so that she opted out of her chosen profession of law and hopped on board.

"When I was getting ready to pass the bar I heard they were looking for riders so I thought maybe I will do that for a little bit before I start to really work ... and I never went back to law," the 29-year-old native of France said.

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Harper tries to stay calm as supporter heckles media

metro The Syrian Crisis
Political Fallout

Tory leader takes queries about stance on calamity

A Conservative supporter at a Stephen Harper campaign event heckled a reporter Wednesday who was asking about the government's handling of the Syrian refugee crisis.

The government's response of the crisis is now front and centre in the federal election campaign.

The catcalls came in Welland, Ont., as the Conservative leader was taking questions from journalists, almost a week after the world was riveted by the image of a dead Syrian toddler on a Turkish beach.

A low, collective groan was heard in the crowd before a lone voice was heard to say: "How many kids drowned in pools in Canada this past summer? Do you blame the government for that?"

Three-year-old Alan Kurdi drowned along with his five-year-old brother Ghalib and

+ BACKGROUND

Liberal Leader Justin Trudeau noted on Wednesday the government of his father, Pierre, did not let security concerns prevent him from "welcoming in thousands upon thousands of Ismaili refugees fleeing Idi Amin in Uganda" in the 1970s.



Stephen Harper speaks during a question-and-answer session with the Chamber of Commerce during a campaign stop in Welland, Ont., on Wednesday.

ADRIAN WYLD/THE CANADIAN PRESS

their mother, Rehanna, in their unsuccessful attempt to find sanctuary in Greece.

Harper tried to keep his daily question and answer session with journalists from going off the rails.

"OK, go ahead," he told the reporter, an awkward smile on his face, as the heckler kept speaking. "OK, OK. Go ahead."

The prime minister is under pressure to admit more refugees, and Harper said he will — but while taking care to avoid allowing terrorists from a war zone into Canada.

"This government is committed to acting, committed to bringing more people in, committed to expediting the

"We are talking about a terrorist war zone a lot of people are coming from. We will make sure we are also protecting Canadians from the security risk."

Conservative Leader Stephen Harper

process. And frankly, I said this before this was in the headlines earlier in this campaign," he said.

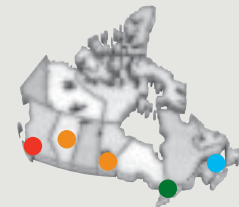
It wasn't the first time that hecklers have taken issue — not with Harper, but the questions he's been asked. The incident knocked Harper off message, just as it did in August when Conservative supporters heckled

reporters asking questions about the Mike Duffy fraud trial.

Prior to the incident, Harper spent almost an hour talking expansively about the economy in a controlled question-and-answer session with the Ontario Chamber of Commerce.

Harper, Liberal Leader Justin Trudeau and NDP Leader Tom Mulcair were all campaigning in

ELECTIONS 2015



The Federal Leaders are expected to be in the following locations Thursday:

- **Stephen Harper** will be in New Annan, P.E.I.
- **Justin Trudeau** will be in Vancouver.
- **Tom Mulcair** will be in Winnipeg and Edmonton.
- **Elizabeth May** will be in Toronto.

Ontario on Wednesday, where the fate of the province's ailing manufacturing sector is a key issue.

Harper was responding to an earlier attack by Trudeau on Wednesday.

The Liberal leader invoked examples dating back more than a century, when Canadians helped people fleeing Europe, Africa and Asia.

"Quite frankly, security concerns didn't stop Wilfrid Laurier from bringing in record numbers of Ukrainians," Trudeau told supporters in Toronto.

"Louis St. Laurent didn't let security concerns stop him from welcoming — at the height of the Cold War — tens upon tens of thousands of Hungarian refugees." THE CANADIAN PRESS

Refugee remains 'in limbo'

Hussein Rahim had already lost his cousin and uncle — one shot dead, the other missing — when he was arrested by military forces during a protest in his native Syria.

His family paid thousands of dollars for his release, but fear of being detained again as the unrest turned to armed conflict prompted him to seek asylum in Canada, he said in a recent interview.

Rahim thought his ordeal was over when he finally set foot in Toronto's Pearson International Airport in 2012, carrying a Greek passport he'd purchased in Turkey.

But three years later, the 35-year-old said he remains in limbo, his case unheard and his fate uncertain.

Worldwide attention has focused on the plight of Syrian refugees fleeing the war-torn country. Some have family members living abroad who are trying to sponsor from afar; others, like Rahim, take matters into their own hands. Either way is a difficult process.

Detained on arrival in Toronto for more than three weeks, Rahim said he was seen and freed by officials only after threatening to go on hunger strike.

But he has yet to be granted a hearing on his application, or even on an interim petition that would allow him to visit his ailing mother in Turkey, he said.

THE CANADIAN PRESS

"I left the country because God knows what was going to happen if I stayed there."

Hussein Rahim

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No asylum in Hungary

metr The Syrian Crisis
The World Reacts

Migrants find little sympathy for their plight

A makeshift camp of thousands from the Middle East, Asia and Africa has been dismantled at Budapest's Keleti train station, and its inhabitants have left for Germany. But the loathing of them lingers in Hungary, which hopes to build a border fence strong enough to keep out future waves of asylum seekers.

"We need the fence," said Istvan Szabo, a 43-year-old lathe operator having a beer at a bar next to the station, where hundreds seeking refuge in the European Union still line up daily to buy tickets to Western Europe.

The tent city sprang up last month when the government blocked the asylum seekers from travelling by train to Austria and Germany. Authorities finally gave in last weekend and sent buses to take them to the border with Austria. Szabo, like many in this socially conservative land



Thousands of people, such as these at Roszke, Hungary, have continued to cross the border from Serbia over the past few days. DAN KITWOOD/GETTY IMAGES

of 10 million, says he doesn't understand why they've come.

"If they couldn't solve their problems back where they live, why do they think they're going to be able to solve them here?" Szabo said.

Such lack of sympathy is a striking feature of the massive march this summer from Turkey through southeastern Europe.

Many of the trekkers interviewed by The Associated Press say their worst experiences have

come in Hungary, where farmers hiss at them in disapproval and the government leaves their care mostly up to unpaid volunteers.

A recent opinion poll sponsored by the Budapest think-tank Republikon found that

just 19 per cent believe Hungary has a duty to take in refugees, while 66 per cent deem them a threat and should not be let in.

The findings reflect a country where ethnic minorities barely exist outside Budapest and right-wing beliefs dominate in small towns that strongly support the ultranationalist Jobbik party.

"Many Hungarians are racist. They lack self-confidence and see their identity under threat. And our government exploits these feelings to boost its own popularity," said Zsuzsanna Zohar, 36, who has helped lead volunteer efforts to give food, water, medical aid and other help to those passing through Hungary.

"It can be hard to convince Hungarians that these people don't want to take our jobs, our homes, our women, our dogs," she said, laughing at the absurdity of the idea.

"The government says they don't want immigrants here and they can't take our jobs away," said satirist Gergely Kovacs, a 35-year-old graphic designer. "But the truth is that nobody wants to come here."

THE ASSOCIATED PRESS

IN BRIEF

Camerawoman fired after caught on video tripping, kicking people

A Hungarian camerawoman for an ultranationalist online TV channel has been fired after reporters filmed her kicking and tripping migrants as they fled from police.

Tuesday's footage went viral around the world within hours on social media. The N1TV channel's editor, Szabolcs Kisberk, said employment of the camerawoman, widely identified as Petra Laszlo, had been "terminated with immediate effect."

THE ASSOCIATED PRESS

Denmark-Germany trains halted as refugee-seekers refuse to get off

All train services were halted between Germany and Denmark on Wednesday after Danish police stopped hundreds of migrants arriving by train across the border, Danish railway company DSB said. About 100 migrants who arrived from Germany refused to leave a train in the Danish port city of Roedby.

THE ASSOCIATED PRESS

AL-QAIDA

Former CIA agents defend conduct

Former senior CIA officials instrumental in extracting information from al-Qaida prisoners through what most Americans consider torture have published a book defending their conduct.

The book, titled *Rebuttal*, takes aim at the Senate intelligence committee report released last year that revealed gruesome details of the once-secret CIA program while portraying it as ineffective, incompetently run

and rife with misrepresentations.

The volume features essays from three former CIA directors and other retired senior officials. They argue that the Senate report, written by Democratic staff and opposed by Republicans, significantly distorted reality.

The dispute has current implications, however.

Congress is considering legislation that would ban coercive interrogations. THE ASSOCIATED PRESS

MANSLAUGHTER

Teen charged with encouraging suicide

At first glance, the text messages appear to show a disturbing case of cyberbullying: one teen urging another to kill himself.

But the texts were not sent by a school bully. They were from a 17-year-old girl to her boyfriend, whom she called the love of her life.

"You can't think about it. You just have to do it. You said you were gonna do it. Like I don't get why you aren't," Michelle Carter allegedly wrote to Conrad Roy III the day he parked his truck outside a Fairhaven, Mass., Kmart

and killed himself through carbon monoxide poisoning.

Prosecutors have charged Carter with involuntary manslaughter in Roy's 2014 death. They say that in the week before Roy killed himself, Carter assisted by urging him to overcome his doubts about taking his own life, pressuring him to do it and even telling him to get back in his truck after becoming frightened that the plan was working.

Carter's lawyer has strenuously denied that she pushed him to kill himself and has asked a



Michelle Carter

THE NEW BEDFORD STANDARD TIMES
VIA THE ASSOCIATED PRESS

judge to dismiss the case.

In their written response, prosecutors included text exchanges between Carter and Roy they say support their claim that Carter caused her boyfriend's death by "wantonly and recklessly" helping him poison himself.

Carter's lawyer, Joseph Cat-aldo, said her texts amount to speech protected by the First Amendment of the U.S. Constitution. He said Roy had made up his mind to take his own life and Carter, now 18, did not cause his death. THE ASSOCIATED PRESS

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Clerk to be paid for jail time

KENTUCKY

Another clerk tired of being confused with Kim Davis

An employee in the office of the Kentucky clerk who was released from jail after a five-day stint for contempt says workers there will issue marriage licences Wednesday while their boss is still out of the office.

Lawyers for Rowan County clerk Kim Davis say she will return to work Friday or Monday. Davis has become a symbol of religious freedom for many as she defied court orders to issue marriage licenses to same-sex couples, citing her beliefs about homosexuality. She was released from jail Tuesday. A judge warned her not to interfere with licensing, but her lawyers wouldn't say what she'll do.

In the meantime, deputy clerk Brian Mason says the office will issue licenses in Davis' absence if anyone seeks them. Mason says that while Davis was jailed, the office issued 10 licenses: eight Friday, two Tuesday. Seven went



Kim Tabor, a clerk at the judicial centre in Morehead, KY, wears a T-shirt to work claiming she is not Kim Davis, the Rowan County clerk, on Wednesday. DYLAN T. LOVAN/THE ASSOCIATED PRESS

to same-sex couples.

To many, Kim Davis has become a household name. The clerk has garnered national attention for weeks for her refusal to issue marriage licenses to gay couples.

Just across the street from

her office, another local worker shares her first name — but Kim Tabor is tired of being mistaken for the embattled clerk, and she wants to clear up the confusion.

She made herself a bright orange T-shirt that announces: "Hello. My name is not Kim

Davis." Tabor works for the circuit clerk. She says people calling from all over the country have confused the two Kims and have misdirected their wrath toward Tabor.

Kentucky clerk Kim Davis can collect a paycheck for the days

she sat in jail and the week she's spending at home, resting and reading hundreds of letters from her fans.

Elected officials in Kentucky get paid whether they work or not. The state auditor's office confirmed that officials don't accumulate vacation, sick or comp time.

Rowan County Attorney Cecil Watkins said paid time off is left to the official's discretion and "voters will vote you out if you take too much."

Davis was sent to jail Thursday for defying a series of federal court orders and continuing to deny marriage licenses to same-sex couples. She was released Tuesday and announced she will not return to work until Monday.

Davis draws a salary of \$80,000.

Residents of the eastern Kentucky town where the county clerk was jailed for refusing to issue marriage licenses say they are eager for things to return to normal.

The jailing of Kim Davis forced residents of this eastern Kentucky community to confront each other with deeply held beliefs they had previously kept to themselves. THE ASSOCIATED PRESS

TEXAS

Cavity search reveals handgun

Police in Texas say they removed a loaded handgun from a woman's body during a cavity search.

Waco police Sgt. W. Patrick Swanton told the Waco Tribune-Herald that officers stopped a driver for a traffic violation late Monday and found methamphetamine inside the vehicle. A man and woman were arrested.

Swanton says while 31-year-old Ashley Cecilia Castaneda was being taken to jail, she told an officer she had a loaded .22-calibre semiautomatic handgun inside her vagina.

Swanton says officers called for a female officer, who retrieved the gun. Swanton confirmed the weapon was loaded.

Castaneda is charged with possession of methamphetamine and unlawfully carrying a weapon.

Thirty-year-old Gabriel Garcia faces the same drug charge. Both are in custody in lieu of bond.

THE ASSOCIATED PRESS



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World metro NEWS

Suspect admits to role in shrine blast

BANGKOK

Man says he handed pack over to bomber

Police said Wednesday a key suspect in last month's deadly Bangkok blast has admitted he handed a backpack containing a bomb to a man in a yellow shirt who was later seen leaving a similar bag at a downtown shrine just before the blast occurred.

The account offered the first possible reconstruction of events leading to the Aug. 17 attack at Erawan Shrine, an unprecedented act of violence in the Thai capital that left 20 people dead and more than 120 injured. Authorities say they still don't know the motive but are also reluctant to call the blast an act of terrorism, which would harm Thailand's image as a tourist destination.

After an initial slow start, police have arrested two foreigners, raided two apartments on the outskirts of Bangkok where

they confiscated bomb-making materials, and say they are looking for 10 other suspects. Several Turkish and Chinese links to the blast have boosted a theory that the bombing was to avenge Thailand's forced repatriation of more than 100 ethnic Uighurs to China in July. Uighurs are related to Turks, and Turkey is home to a large Uighur community.

One of the men in custody, identified as Yusuf Mierili, was arrested Sept. 1 near the Thai-Cambodia border carrying a Chinese passport and has confessed to playing a key role in the attack, police said. The passport indicated he was from China's

western region of Xinjiang, home to the Turkic-speaking Uighurs. His DNA and fingerprints were found in the two apartments police raided, including on a container of gunpowder in one of the apartments.

On Tuesday, police took Mierili back to the apartments and also to a chemical supply shop where he said he bought "four substances" used to make the bomb, national police spokesman Prawut Thavornsiri said Wednesday. He declined to say what the materials were or if Mierili is believed to have made the bomb himself.

A second day of re-enactments continued Wednesday, when police and commandos led Mierili in handcuffs and body armour to Bangkok's main train station and then to the site of the blast at Erawan Shrine.

Public re-enactments in front of the media are a common part of Thai criminal investigations, although they have been criticized for implying a suspect's guilt before a trial.

THE ASSOCIATED PRESS

+ CONTEXT

The Erawan Shrine is especially popular with Chinese tourists, feeding the idea that it could be a target for people who believe the Uighurs are oppressed by China's government.



An officer jokes with Yusuf Mierili on , Wednesday around a central shopping center during a re-enactment of the Aug. 17 bombing that left 20 people dead. MARK BAKER/THE ASSOCIATED PRESS

INDIA

Muslim clerics condemn ISIL

More than 1,000 Muslim clerics in India have ratified a religious ruling that condemns ISIL and calls the extremist group's actions "un-Islamic," a top Indian Muslim leader said Wednesday.

Religious leaders from hundreds of Islamic mosques, education institutions and civic groups across India have signed the edict, or fatwa, saying the actions of the group go against the basic tenets of Islam.

The edict was issued by a leading Mumbai-based cleric, Mohammed Manzar Hasan Ashrafi Misbahi, and has been signed by the leaders of all the main mosques in India, which has the world's third-largest Muslim population.

"The acts of the Islamic State are inhuman and un-Islamic," Misbahi said by phone from Mumbai. "Islam does not allow the killing of even an animal. What the Islamic State is doing is damaging to Islam."

Misbahi said the fatwa — which is around 1,100 pages and labels the ISIL group "un-Islamic" — has been sent to the leaders of more than 50 countries, seeking their endorsement.

Muslim clerics across India will speak to their followers after prayers on Friday, explaining the contents of the edict and why it is important to denounce ISIL, said Abdul Rehman Anjaria, president of the Islamic Defence Cyber Cell.

India's 172 million Muslims mostly follow a moderate version of the religion. THE ASSOCIATED PRESS

POLL

Americans concerned over China's economic power

China's economic muscle remains a more serious concern for Americans than security threats posed by cyberattacks and the Asian nation's growing military, according to a survey released Wednesday.

The survey by the Pew Re-

search Center comes ahead of a high-profile U.S. state visit this month by China's President Xi Jinping. Differences between the world powers have sharpened over hacking allegations and China's increasing assertiveness in making territorial claims in

the South China Sea.

The poll finds that 54 per cent of Americans have an unfavourable view of China, and that negative views run much higher among Republicans than Democrats. But overall, eight out of 10 Americans see serious

problems with China on key economic, security and social issues.

Concern is most intense over the \$1.27 trillion in U.S. debt held by China and the loss of U.S. jobs to China. Next come cyberattacks, China's policies on human rights, the U.S. trade

deficit with China, China's impact on the global environment, and its growing military power.

The poll was based on 1,003 telephone interviews in the U.S. between April 13 and May 3. The margin of error was 3.6 percentage points. THE ASSOCIATED PRESS

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Business **metro** NEWS

Expanded vision

TECHNOLOGY

Apple unveils new TV system, smartphones and iPad Pro

Apple staked a new claim to the living room on Wednesday, as the maker of iPhones and other handheld gadgets unveiled an Internet TV system that's designed as a beachhead for the tech giant's broader ambitions to deliver a wide range of information, games, music and video to the home.

CEO Tim Cook and other executives also showed off two new iPhone models, a plus-sized iPad with detachable keyboard and updated software for the Apple Watch during an exhaustive two-hour event in San Francisco's Bill Graham Civic Auditorium.

Apple is counting on sales of the new iPhones to maintain its position as one of the most profitable, and valuable, companies in the world.

But it's the new Apple TV system that some analysts point to as an important step for the



CEO Tim Cook introduces the new iPhone 6s and 6s Plus during a company showcase Wednesday in San Francisco. STEPHEN LAM/GETTY IMAGES

company as Cook attempts to build a business that doesn't rely so heavily on the iPhone.

For now, however, the iPhone is still Apple's most important product. Sales of the iconic smartphone contributed more than two-thirds of the Cupertino, Calif. company's \$107 bil-

lion in revenue during the first half of 2015.

Apple announced Wednesday that it will sell two new iPhone models, dubbed the 6s and 6s Plus, starting Sept. 25. They're roughly the same size and will cost the same as the record-selling 6 and 6 Plus models intro-

duced last year, which will now sell for \$100 less.

The new iPhones will have more memory, faster processors, a new 12 mega-pixel camera, and the new "3D Touch" feature that will be able to distinguish differences in finger pressure on the screen. THE ASSOCIATED PRESS

TRAVEL

Albertans fly less due to oil slump: WestJet

WestJet Airlines says fewer Albertans are booking flights because of the oil price slump.

While the Calgary-based carrier said it didn't see any signs of a slowdown in the first quarter, the situation worsened in the seasonally slower second quarter.

"We are seeing some softening in the Alberta market as you would expect with what's gone on with the prolonged oil prices," Bob Cummings, executive vice-president commercial, told a Cowen and Company transportation conference in

Boston.

About a quarter of WestJet's capacity originates from the oil-producing province.

Cummings said that a switch in some traffic from charter carriers to scheduled service has helped to mitigate the situation.

WestJet says it has a 38 per cent market share in Canada, and will try to lure more business travellers by offering a section of its Boeing 737s with an empty middle seat as of Monday.

THE CANADIAN PRESS

IN BRIEF

Bank of Canada keeps key interest rate at 0.5 per cent

Household spending and an improving U.S. economy are underpinning the Canadian economy, the Bank of Canada said Wednesday in announcing it will keep its key interest rate on hold at 0.5 per cent. The stand-pat decision by the BoC was in line with economists' expectations. THE CANADIAN PRESS

market minute

	DOLLAR 75.47¢ (-0.26¢)
	TSX 13,531.85 (-98.82)
	OIL \$44.15 US (-\$1.79)
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NATURAL GAS: \$2.651 US (-5.9¢)	
DOW JONES: 16,253.57 (-239.11)	

SOCIAL MEDIA

Instagram video ads extended

Instagram users have already been seeing more advertisements pop up in their feeds of artisanal cocktails, wide-eyed kittens and vacation photos, and now they can expect longer video ads in the mix too.

The Facebook-owned photo-sharing app is adding 30-second video ads and other features in a push to give businesses more ways to tap the 300 million people who use it at least once a month. Previously, ads on Instagram were 15 seconds long.

Instagram said in a blog post that large and small advertisers



The duration of video ads will increase from 15 to 30 seconds. THE ASSOCIATED PRESS

will be able to run campaigns on Instagram starting this month, and ads are now available in

more than 30 new countries, including India, South Korea and Mexico. More than 70 per cent of Instagram's users are outside of the U.S.

The company said businesses have been testing the app's new tools over the summer, and Instagram is seeing demand in areas like e-commerce and travel.

Instagram is already an established marketing tool for small businesses that sell items that photograph well. The app was founded in 2010 and bought by Facebook two years later.

THE ASSOCIATED PRESS

RETIREMENT PLANNING

Canadians' outlook bleak: Survey

A new survey suggests many Canadians are pessimistic about their financial futures and expect to work longer than originally planned before retiring.

According to the survey, released by the Canadian Payroll Association, three-quarters of working Canadians polled reported having put aside less than 25 per cent of the money they expect to need upon retiring.

And it says less than half of people even 50 and older have reached that threshold.

The survey, the association's seventh annual to mark National

Payroll Week, also found that 35 per cent of respondents expect to work longer.

More than one in five employees surveyed said they will need to work four years or more than they originally expected before retiring, citing a lack of sufficient savings as the main reason.

"They are not sounding very promising of what (their) future is going to look like," said association vice-chairwoman Lucy Zambon.

Although about half of workers expect to need more than \$1 million for retirement, 47 per

cent are putting away just five per cent or less of their net pay.

Almost half of Canadians polled said they are living paycheck to paycheck.

The national cross-industry online survey of 3,065 employees was conducted from June 29 to Aug. 7 by Framework Partners. The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error because they do not randomly sample the population.

THE CANADIAN PRESS

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CHANTAL HÉBERT: ON HOW HARPER MISSED THE MARK



“Critics ... do not see the pursuit of the military engagement against Islamic extremists as a rationale to decline to resettle many more Syrian refugees in Canada.

It is not necessary to set one's watch on polls to see that Stephen Harper's business-as-usual reaction to the Syrian refugee issue has missed the political mark.

One look at the line-up of critics who are, to put it mildly, underwhelmed by his low-key response to the resettlement needs of hundreds of thousands of Syrian civilians driven out of their country by an ongoing civil war tells the story.

Unlike the opposition parties, more than a few of those critics actually support Harper's decision to sign Canada up for airstrikes against Islamic extremists in the Middle East.

Unlike the Conservative leader, they do not see the pursuit of the military engagement against Islamic extremists in the Middle East as an excuse or a rationale to decline to resettle many more Syrian refugees in Canada right away.

Retired general Rick Hillier served as the commander of the armed forces at the peak of the country's military engagement in Afghanistan. A dove he most certainly is not.

On his Facebook page this week, Hillier wrote: “I wonder why we, as the great country that we are, could not stand tall during these dark days for the hundreds of thousands of displaced souls who are fleeing, quite literally, for their very lives.”

He believes Canada should try to bring in 50,000 migrants before the end of the year.

Barbara McDougall served as Secretary of State of External Affairs in Brian Mulroney's Progressive Conserv-

ative government. She, too, believes Harper has so far not risen to the challenge.

In an op-ed piece published on Tuesday in The Globe and Mail, McDougall wrote, “It is beyond time for Mr. Harper to recognize that every leader faces an unexpected moral choice that sometimes seems to come out of nowhere — and this is his.”

Saskatchewan Premier Brad Wall is one of Harper's closest provincial allies. On the day after Harper argued for a stay-the-course approach to the refugee crisis last week, Wall tweeted: “SK can support more refugees. As a people & govt we will do our part for those fleeing war, tyranny for safe asylum.”

Quebec Premier Philippe Couillard supported Canada's military participation

in strikes against Islamic extremists in the Middle East from the very start. He, too, is no dove.

His government wants to triple the number of Syrian refugees coming to Quebec. A number of other provinces, including Ontario, have similarly offered to do more. Couillard also decided to find out for himself just how difficult it is to sponsor a refugee family. He joined a group of his riding's constituents set up for that purpose.

Toronto Mayor John Tory — a former Ontario Progressive Conservative leader — has also signed up to help sponsor refugees. And he has been working with the mayors of Canada's other big cities to push to resettle more Syrian migrants in Canada. “As mayor of the most multicultural city, I

believe we should mobilize to sponsor Syrian refugees. This is who we are as Canadians,” he explained.

Calgary Mayor Naheed Nenshi leads the city that is home to Harper's riding. On the weekend, he called the Conservative response to the migrant issue a “disgrace.”

When he decided to stay the course on the refugee issue late last week, Harper knew he was walking into a fight with his opposition rivals.

He must have, at least initially, relished the prospect, for he could have instead taken up the other leaders on their unanimous offer to come together around a range of more proactive measures on the refugee front.

Harper called that a partisan game.

The refugee crisis appeared on the campaign radar at a time when the Conservatives were in dire need of a shot of momentum after a bruising first month on the hustings.

Since then, the party has dropped to third place in voting intentions in a number of polls.

Based on the recent past, the high road not taken would have led to greener pastures for the Conservative campaign. It was when he allowed Canadians to catch a glimpse of his non-partisan side, right after the Parliament Hill shootings, that Harper last caught a real break in voting intentions.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD

metroview

Religious freedoms are not a get-out-of-work-free card

Was it a baptism?

Was it a boxing match? Press conference or religious rite?

By the way they played Eye of the Tiger and held Kim Davis' arms up high as a cross bobbed over the cheering crowd, the way she bent over with tears of ecstasy to be free from jail after refusing to grant gay people marriage licences in Kentucky — I really couldn't tell.

“I just want to give God the glory,” Davis said. “We serve a living God who knows exactly where each and every one stands. Keep pressing; don't let down, because He is here. He is worthy.”

You might have missed it, but she was really talking about gay rights there.

And as a Catholic, I've gotta say, she's dead wrong.

Religious freedoms aren't a get-out-of-work-free card. Your beliefs don't trump the rights of others.

Davis' job is to uphold the law in the U.S. The law says gay people can marry. That, unfortunately for her, is the end of it.

It's a different story for Charee Stanley, a Muslim woman who won't serve alcohol as a flight attendant because her faith prevents it. Given that some other flight attendant can easily pour the wine, her employer — whom she's now suing after she was suspended — should

be able to accommodate that. Employers, to quote her lawyer, should “provide a safe environment where employees can feel they can practise their religion freely.”

What makes the two cases different is that one is about the core function of a job, while the other is not.

One is about “pressing” to shape the world to your faith. The other is about figuring out how to live with your faith in the world.

One is about what others should not have. The other is about what you, as a believer, can reasonably demand.

But more than that, these cases open up the question of how to be around those different from you.

Is your belief meant to guard you like a thick coat from the cold (the non-religious)? Or is your belief a tool to make the world a more loving place?

Do you love God alone, or do you love God everywhere? In everyone?

An obsession over the rules can only blind you to their raison d'être. Faith is not black and white. And it should never be wielded as a weapon.

You can do justice to God by doing justice to your fellow woman. But you cannot remake the world in your own image. If you can't accept that, Davis, find another job.

THE MICROTREND: What's old is brewed again



North American craft brewers, whether they know it or not, are refreshing a centuries-old tradition by tapping the power of beer to raise awareness and funds for good causes. Proceeds from Ottawa-brewed Whipsnapper Slinger support mental-health care, while Seattle's KEXP Transistor IPA is helping a college radio station stay afloat. It's a twist on a European medieval tradition, in which townspeople would gather around a communal cask and pay a fee to partake. A “help-ale” was for the unfortunate, a “church-ale” for building maintenance and a “bid-ale” to aid the bankrupt. A “bride-ale” would help a young couple set up a home — perhaps the origin of the “bridal” shower custom of today.

SOURCES: USA TODAY, MARRIAGE CUSTOMS OF THE WORLD

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5 NEW FILMS BASED ON HOT BOOKS

For those who prefer a little CanLit with their popcorn, here are five festival circuit films with local literary ties

Sue Carter

For Metro Canada



For hardcore cinephiles, the Toronto International Film Festival marks the end of the summer's superhero season with its promise of future Oscar contenders and more "serious-minded" fare. As always, this year's festival circuit lineup offers plenty of brain candy for readers, with adaptations of novels by Martin Amis (London Fields), Colm Tóibín (Brooklyn), J.G. Ballard (High-Rise) and more. A handful of others have local ties.

1 Hyena Road There are few works that have attempted to capture Canadian experiences in Afghanistan, but multitalented actor-writer-director Paul Gross is doing both, by simultaneously releasing print and cinematic versions of his contemporary war story, Hyena Road. Gross, who also stars in the film, interconnects the stories of a Canadian intelligence officer and sniper with that of a Jihadist. Expect this to be a tough watch: Gross followed a similar structure for his 2008 film Passchendaele, which dug deep into the emotional being of those permanently scarred by the bloody First World War battle.

2 The Martian This year's outer-space blockbuster stars half of Hollywood, including Matt Damon, Jessica Chastain, Kristen Wiig, Chiwetel Ejiofor and Kate Mara. But it's also a fairy tale story for California debut writer Andy Weir — one with a Canadian twist. Before Random House and director Ridley Scott came a-calling with major book and film deals, respectively, Weir self-published his intergalactic saga, The Martian, on his website, where it was discovered and released as an audiobook by Podium Publishing, a small operation out of Newmarket, Ont.

3 Al Purdy Was Here It doesn't get any more Can-Lit than this tribute documentary to the late Al Purdy, who was dubbed the country's "unofficial poet laureate" when he died in 2000. The debut doc by former Maclean's film critic Brian D. Johnson features plenty of archival footage, luminaries such as Irving Layton, Margaret Lawrence and Leonard Cohen, as well as inspired performances by musicians such as Sarah Harmer, Bruce Cockburn and Tanya Tagaq. If you need a primer on the hard-drinking Bukowski-endorsed poet, find a copy of Beyond Remembering: The Collected Poems of Al Purdy.

4 Room The premise behind Emma Donoghue's 2010 international bestselling novel, Room, sounds like a sensational tabloid story: a five-year-old boy named Jack is held captive in a single room, innocently unaware there's an outside world, thanks to his fiercely protective mother. Yet, because of Jack's innocent narration and perspective, the book never veers into the horrific. While it's tough to imagine that the film, starring Brie Larson, could as effectively capture Jack's voice or the resilient parental bond, the great news is Donoghue also wrote the screenplay.

5 This Changes Everything Arguably one of the most significant books on climate change and corporate responsibility, Naomi Klein's award-winning volume This Changes Everything: Capitalism vs. the Environment gets a documentary treatment by her husband, director Avi Lewis. Shot in nine countries over four years, the companion film focuses on seven stories of inspiring frontline activists who are challenging failing economic models in an effort to radically change their own communities, and in return, the future of the planet.



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#liveauthentic with Hipster Barbie

INSTAGRAM

Sick of all the artful latte shots, photog starts parody account

Irene Kuan
Metro | Canada

The folks at Mattel may want to capitalize on this idea for their next Barbie doll.

A parody account called Sociality Barbie, a.k.a. Hipster Barbie has blown up over the Internet, amassing more than 900K followers on Instagram with her cool style, #liveauthentic nature shots, deep thoughts and perfectly posed photos of latte art, ice cream art and outfits of the day.

The account was created three months ago by a Portland, Oregon-based wedding photographer, who started Instagramming pics of an intricately posed brunette Barbie dressed in the latest hipster-fashion finds. Think Filson backpack, Warby Parker glasses, crochet beanie and a Pendleton blanket.

She's often pictured in front of

scenic nature backdrops, in cafes with a birds-eye view of her latte, and accompanied by a purposely annoying, snide caption.

The creator, who wants to remain anonymous, said she made the account to "show how ridiculous social media has become."

"I was getting tired of seeing people taking the same pictures, in the same places, and using the same captions while hash tagging #liveauthentic," she said.

Hipster Barbie's profile describes her as living "That PNW (Pacific Northwest) Life, and says she is an adventurer and coffee drinker who puts her faith in Jesus."

Barbie's life includes #exploring and #exploringmore, contemplating life through her travels and finding beauty and creativity in every moment of life.

However, if you read her Instagram captions closely, you can tell the account is mocking social-media crazy millennials and their ideas of "deep" thoughts and living that authentic life.

Check out the account. Are you slightly jealous her Instagram pics are so much better than yours?

WISDOM
She's providing her followers valuable life lessons like Rule 1: 'Gram your coffee or it didn't happen.'



With every perfectly staged shot, this Barbie reminds you that she is more #authentic than thou. INSTAGRAM/@SOCALITYBARBIE

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GOSSIP BRIEFS

**Sienna Miller's highs and lows**

Sienna Miller just needs to vent, OK? The actress and new mom — who recently split from the father of her young daughter, Tom Sturridge — gets refreshingly candid with British Vogue about how taxing it all can be.

"Obviously when you have a baby it's the most incredible experience but your life is also catapulted

into this chaos and you are exhausted. I could literally get on this table and fall asleep," she says. "That's the curse of motherhood—we just run ourselves ragged. I'm just trying to get a sense of what that guilt is. I sometimes feel like it's a totally invented emotion. It's strange to be punishing ourselves this way. It's not healthy."

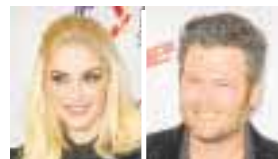
And as for her feelings on Sturridge? Well, it's not much sunnier — but at least her career is on track. "It's been really quite overwhelming recently, just with the volume of everything going on," she admits. "Everything is shifting. It's actually been the s—t year, and amazing. It's always yin and yang. I feel like if you're excelling in one area, it's hard to manage both and I do feel like the work is going really well."

NED EHRBAR/FOR METRO

ROMANCE

Stefani-Shelton hookup?

There's a delightful kind of symmetry in this new gossip item about The Voice hosts Gwen Stefani and Blake Shelton possibly becoming an item in the wake of both of their divorces. It's all just so streamlined and convenient. I love it. "They're really into each other. Let's face it, they were both unhappily married when they met," a source tells In Touch. "Now their divorce proceedings are something they can talk about and commiserate over." And apparently they've been doing more than just commiserating. While it seems



mildly terrifying for the singer of No Doubt to be getting down with country star Shelton, apparently he's completely smitten with her. Shelton "is in awe of her career, talent and business savvy," the source explains.

NED EHRBAR/FOR METRO

Ellen's American Idol stint her 'worst decision'



metroGOSSIP
MUST READ

Ellen DeGeneres told Howard Stern that she 'hated' her time as a judge on American Idol. GETTY IMAGES

CONFESSIONS

Former judge isn't the first to speak ill about time on show

Ned Ehrbar
Metro | Hollywood

Regrets, Ellen DeGeneres has a few. And chief among them? Agreeing to be a judge on American Idol back in 2010.

"That's one of the worst decisions I've made," DeGeneres tells Howard Stern during an interview, admitting that she "hated" her time on the show.

And she's not the first former judge to speak out about the show.

In May, Mariah Carey admitted during a radio interview that her tenure on the hit real-

ity show was pretty terrible, too. "That was the worst experience of my life," Carey said.

"I'm not going to get into what it was, but let's just say I don't think they had any intentions for us to have a good experience doing that show."

Yikes. Good thing it's ending after the upcoming season, yeah? So what is it about the show that made these folks so unhappy?

Could it just be that, thanks to the tone set by Simon Cowell, everyone comes away with a tendency toward hyperbole? That's just the worst.

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What they're asking

This week we picked a selection of three-bedroom resale homes in quiet neighbourhoods, suitable for growing families. These newer homes are located in residential neighbourhoods just outside the city core.

Duncan McAllister FOR METRO

ASKING PRICES WERE ACCURATE AT TIME OF PUBLISHING.



\$404,900

Winnipeg

Here's a nearly-new, 1,600-sq.-ft., two-storey home ready for possession at 630 Kirkbridge Dr., in the Waverly West neighbourhood. It features an open, bright plan with maple island kitchen and a large dining room with patio doors to future deck. There's a main-floor laundry, oversized master with four-piece ensuite and a large walk-in closet, and landscaped front and back yards. Listing agent David Heinrichs is a sales representative with Royal LePage Dynamic Real Estate, 204-479-9222.



\$399,900

Halifax

Here's a custom, two-storey home in the Waverley neighbourhood. The home features soaring ceilings and a wall of corner windows. The main floor provides a formal sitting area with two-sided fireplace, and a modern kitchen with upgraded stainless steel appliances. A large master bedroom has a five-piece ensuite plus a walk-in closet. There's a backyard deck and double garage. The listing agent is Thomas Bagogloo from the Bagogloo Team, Re/Max nova, 902-830-9006.



\$949,000

Ottawa

For sale is this custom-designed Houry Avedissian executive home built by West Hill Homes, in the Westboro Beach neighbourhood. There's 2,100 sq. ft. of living space, a garage and finished lower level. The open-concept living areas have nine-foot ceilings on the main level, glass staircase and Deslaurier kitchen with quartz countertops. There's a private landscaped outdoor space with deck. Listing agent Kerry Millican is a sales representative with Royal LePage Team Realty, 613-729-9090.



\$409,900

Calgary

Featured is a detached, two-storey home in the Copperfield neighbourhood. Located across from a playground on a quiet street, the home offers numerous upgrades including hardwood floors, nine-foot ceilings and stainless steel appliances. The main floor offers a spacious great room with gas fireplace, and large kitchen with lots of counter space. The yard is landscaped and fully fenced. Tim Lind is a sales representative for RE/Max Real Estate (Mountain View), 403-333-0837.



\$1,698,000

Vancouver

For sale is this West Coast contemporary home in Burnaby that offers more than 2,400 sq. ft. of living space, with nine-foot ceilings throughout. Interiors feature custom cabinetry, Italian ceramics and Jenn Air pro series appliances. There's also radiant floor heating on all three levels, a Yamaha sound system and LED lighting. The location is steps to local eateries, cafés, schools and shopping. The listing agent is GianCarlo Cermirara with RE/Max Central, 604-433-2211.



\$699,000

Toronto

This home is located on a quiet little street in the east end. It's a renovated, three-bedroom house with hardwood floors and pot lights. Extras include a fridge, stove, built-in dishwasher, washer, dryer, all window coverings and natural gas barbecue. The area has great schools and activities for young children. It's a short walk to Woodbine Beach, Kew Gardens and the TTC. Listing agent Ira Jelinek is with Harvey Kalles Real Estate Ltd., 416-464-1022.



\$567,500

Edmonton

This two-storey home in Lakeland Ridge is located on a quiet street. The main floor is bright and open with large windows, with main-floor laundry and a walk-through pantry. Many upgrades throughout the home include nine-foot ceilings, quartz countertops, appliances, lighting fixtures and window coverings. The backyard has a two-tiered deck, and there's a spacious garage. The home is located near walking trails and schools. Jeremy Amyotte is a sales representative with RE/Max Elite, 780-232-7170.

Brit chic at home

As of yesterday, Queen Elizabeth II officially became the longest-reigning monarch in British history. Her 63 years and seven months on the job has officially surpassed the reign of her great-great-grandmother,

Queen Victoria. With a record like that it's only fitting we celebrate in the home with some British decor inspiration.

Karl Lohnes
For Metro Canada



1



1 London Fridge Decal by ADZIF

Add some whimsy to an old fridge with vinyl covering that helps take your little kitchen to London-Town. \$65, HomeDepot.ca

2



2 Union Jack 20" Decorative Pillow

British pride mixes with luxurious chenille. \$15, BedBathAndBeyond.ca

3



3 Afternoon Tea — Cream wallpaper

Spice up a wall in the kitchen or the interior of an old jam cupboard. \$60/roll, GrahamBrown.com

4



4 Crown 2-Tier Server

Adding style to afternoon or high tea. \$60, Pier1.ca

5 1p Stamp Rug

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6 36x52 Queen Red

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Decade of celebration: Ignite your spirit

The Manito Ahbee Festival hits downtown Winnipeg Sept. 9 to 13. The festival celebrates its 10th year and is recognized as a “significant, traditional gathering in North America.”

The five day festival includes the Indigenous Music Awards on Sept. 11 at MTS Centre, which has over 100 nominees in 24 categories.

Executive Director, Lisa Meeches said that the festival will also be holding the Ignite Your Spirit program for youth where mentors and performers will address issues such as bullying, addiction and suicide through song and testimony to youth.

“We’re booked to capacity as we usually are at these educational events,” Meeches says. “I think people really appreciate indigenous educational platforms that present reality and showcases the best of us.”

The Ignite Your Spirit event will be taking place at the Human Rights Museum, which has partnered with Manito Ahbee.

Another must see and be at event is the Manito Ahbee International Pow Wow, where spectators have the chance to see

“spectacular dancing” and traditional dress, according to Meeches.

Attendance over the last 10 years has been good, with audiences coming out to enjoy the cultural atmosphere and traditional fare. The Festival attracts over 20,000 participants and visitors each year. It’s always been a popular event with the indigenous and non-indigenous community, presents a welcoming open door policy for people of all cultures.

“Our hope is that we share our culture and share our pride with Winnipeg and the world,” she says. “If you ever needed any answers [about the indigenous community], you’d find it here... the pride of one is the pride of all.”

The name Manito Ahbee refers to a site in western Whiteshell that means, where the creator sits. The sacred site is a place of gathering for both residents and visitors, a reflection of the festival mandate.

“We want to encourage everyone to join in the celebration. There is absolutely something for everyone,” Meeches says.

Visit manitoahbee.com for more information.



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Fast track to fun

Speedworld offers year-round racing action

There might be no "I" in team, but there should always be a few go-karts. Speedworld Indoor Kart Track, located at 575 Berry St., is the place to go for high-speed go-kart racing. The 28,000 square feet of race track are located entirely indoors, making it the perfect outing, rain or shine.

"It's actually been our busiest summer yet, even though the weather has been beautiful," says Speedworld manager Briget Sawatsky. "People enjoy it because the karts are fast and it's more of an adult activity, so we have a lot of return customers and lots of new people."

The track will be bringing back team leagues one night a week, which were popular when they first started this past spring. Racers can participate whether they are already on a team or not; individual racers can come out and join a team the night of.

"We always have prizes. This past one was a \$500 gift card to Speedworld," Sawatsky says. "The second place went to a female, and hopefully we see more girls come out because it is a

little male-dominated, but they're just as fast."

Sawatsky said they are already booking holiday parties and team-building outings.

"They come because they want to do something unconventional, and they win trophies and bragging right around the office."

Speedworld Karts run at two speeds: either 40 or 50 kilometres per hour. The lower speed requires a height minimum of four-feet 10-inches, while the higher one requires drivers to have a full driver's license.

Recently, they've introduced Pro-Karts, which race at 60 kilometres per hour. Racers have to accumulate points from winning races to qualify for this speed. According to Sawatsky, only 400 out of 30,000 members currently qualify to ride the Pro-Karts.

"Membership is open to anyone as long as they meet the requirements, and agree to the membership rules," she says.

Attendants are at every race, making sure that things are running smoothly and that drivers are following the rules.



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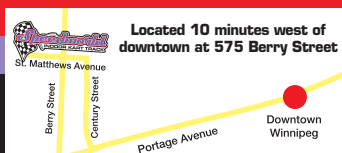
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Dire Bombers close to imploding

VIEW FROM THE 300S

Andrew
'Hustler'
Paterson



The Labour Day weekend brought few surprises this year. There was a big party in Regina followed by a Riders win in the Labour Day Classic, and a long, quiet, hung-over drive back to Manitoba on Monday for Winnipeg Blue Bomber fans.

The loss on the weekend for the Bombers summed up the plight of the Blue and Gold without Drew Willy. An offence unable to run the ball and with no passing threat beyond 10 yards.

A defence that gets exposed in the second half under the weight of being on the field all game.

A special teams unit which, instead of providing a game-changing play to help the Bombers, folds in a key situation resulting in a backbreaking six for the opponents.

Add in a bunch of undisciplined penalties and you pretty much have it in a nutshell.

With fans enduring the sour taste of another embarrassing defeat, the heat is being turned up on the men in charge of the Blue Bombers. Winnipeg fans are a very angry bunch right now, and who can blame them?

Their team does not appear to be getting better in any phase of the game, while the season slowly slips away with Willy on the sidelines.

Tuesday morning, embattled Blue Bombers head coach Mike O'Shea made two announcements, firing special teams coordinator Pat Tracey and proclaiming newcomer Matt Nichols as the starting QB for the Banjo Bowl rematch Saturday at Investors Group Field.

The firing of a coordinator was not entirely unexpected, although who took the bullet was.

Among observers, Marcel Bellefeuille, the architect of the Bomber's impotent offence was the most likely target to get shown the door.

Bellefeuille has been the target of criticism for a while, and as the losses pile up and the Bomber offence does almost nothing to help the team win, many expected that to be the first change made.

But with no one internally ready or capable to step in and run the offence, Bellefeuille is safe for now.

Taking over the special teams is an interesting move for O'Shea. Many will see this is a minor move done to placate those wanting something to be done now.

As a former special teams coach, O'Shea was already involved in coaching the unit. By sacking Tracey, O'Shea has put his neck out even further if no improvement can be seen from this underperforming group going forward.

Naming Nichols the starter for Saturday will at least give Bomber fans some hope for the Banjo Bowl.



Winnipeg Blue Bombers' quarterback Brian Brohm exits the field as Roughriders fans celebrate their first win of the season over the Blue Bombers on Sunday. MARK TAYLOR/THE CANADIAN PRESS

He has only been a Bomber for a week, so expectations should be somewhat tempered, but the bottom line is, there is no way the offence can be any worse than it was under Brian Brohm and Robert

Marve, so let's see what he can do.

The Bombers enter the Banjo Bowl 3-7 on the season and 5-18 under O'Shea since the 5-1 mirage start last year.

As bad as that record sounds, a loss to the 1-9 Riders at home on Saturday would be a new low for this regime and would risk many loyal fans of this team tuning out for the rest of the season.

+ CAPERS TRADE

The Winnipeg Blue Bombers acquired American offensive lineman Selvish Capers and a 2016 draft pick for Canadian offensive lineman Chris Greaves on Wednesday.

Edmonton has two second-round picks in the 2016 draft — its own and Saskatchewan's — and Winnipeg acquired the higher selection. The six-foot-five, 308-pound Capers was in his second season with Edmonton. The native of New Orleans started nine games last season, playing seven at tackle and the other two at guard.

It's the second deal in a week between the two clubs. Winnipeg acquired backup quarterback Matt Nichols from Edmonton last Wednesday for a conditional 2017 seventh-round draft pick.

"With the depth we feel we have accumulated at this spot, we felt strongly about acquiring a pick in the second round of next year's draft, as well as a lineman with some experience in this league," Winnipeg GM Kyle Walters said in a statement.

Greaves, a Toronto native, was in his sixth season with Winnipeg. He started 64 of 82 career games with the Bombers.

THE CANADIAN PRESS

ASSAULT INVESTIGATION

NHL taking wait-and-see approach

NHL commissioner Gary Bettman says the league will wait for the legal process to play out in the sexual assault investigation involving Patrick Kane before making any decisions about his future. The Blackhawks star is under investigation by police in Hamburg, N.Y., over an incident that occurred at his house. He has not been charged.

"Obviously when a player is involved in something like Patrick Kane is subject to right now, in terms of the authorities

investigating, it's unfortunate. It's a terrible thing, but we're going to have to watch the process play out," Bettman said Tuesday in Toronto.

According to The Associated Press, the Erie County District Attorney has postponed grand jury proceedings into the allegation against Kane. THE CANADIAN PRESS



Patrick Kane
GETTY IMAGES

IN BRIEF

Chiarelli takes reins of North American u-23s

After winning gold with Canada at the Sochi Olympics, Peter Chiarelli is now tasked with putting together a team to beat Canada when it matters most at the World Cup of Hockey next year.

Chiarelli and Chicago Blackhawks general manager Stan Bowman will manage Team North America, which will include Canadian and American players age 23 and under.

THE CANADIAN PRESS

Cardinals rally past Cubs

Matt Carpenter tripled and scored twice and Stephen Piscotty doubled in the winning run Wednesday, leading St. Louis past the Chicago Cubs 4-3 to end the Cardinals' three-game losing streak.

The NL Central leaders scored three times in the eighth inning to avoid their first sweep at home this season and their first against the Cubs since Sept. 2010.

Cubs left-hander Jon Lester left after seven dominant innings.

THE ASSOCIATED PRESS

U.S. OPEN

Skies open up for Halep in quarters

Simona Halep appreciated the help from the heavens in her U.S. Open quarter-final.

Worn down after dropping the second set to Victoria Azarenka, the second-seeded Romanian got to rest up for nearly an hour-and-a-half when the sky opened up.

"Thanks, God, for raining," she said in an interview after her 6-3, 4-6, 6-4 victory Wednesday.

Halep, who's just five-foot-six, came back on court with a 106 mph ace to prove just how fresh she felt. She advanced to

face 26th-seeded Flavia Pennetta, who beat two-time Wimbledon champion Petra Kvitová in another three-set match earlier Wednesday.

The 23-year-old Romanian Halep had 40 winners to 19 unforced errors, while Azarenka had 38 winners to 42 unforced errors.

THE ASSOCIATED PRESS



Simona Halep
GETTY IMAGES

Bet on NFL fans to raise stakes

Odds are pretty good that, over the course of this football season, Canadians tuning in to North America's most popular spectator sport will pour more money into wagers — both legal and otherwise — than they have ever before



Cam Tucker
Metro | Vancouver

A pint of beer sits in front of Owen Munro. A man behind the bar flips the channel to the beginning of the Seattle Seahawks' final exhibition tilt.

The National Football League — so popular among sports fans, including those in Canada who place wagers legally through provincial lottery corporations or illegally through bookies and offshore websites — is back.

Munro, 22, has been betting on football from the time he became the legal age to do so. He won his first-ever bet — \$75 from a \$20 wager — and he's been doing it consistently for three NFL seasons ever since.

"It's a lot of fun," Munro tells me. "I wouldn't say an addiction, so much. It's a hobby, I guess."

But for Ryan Boyd and John Makrigiannis, betting on football is more than just a hobby. Their decisions are calculated, their emotional attachment diminished if not completely abandoned.

The duo has gone from merely betting on NFL games to launching their own interactive "fanalytics" website, FootballEngineer.com, which allows subscribers to create player rankings and team projections.

The business of betting on the NFL is big in Canada, even though the league doesn't have a team in this country.

The B.C. Lottery Corporation is predicting that the amount of money legally wagered through the corporation on NFL games this upcoming season will surpass the roughly \$13.9 million



Pittsburgh Steelers quarterback Ben Roethlisberger passes against the Buffalo Bills during a pre-season NFL game on Aug. 29. Gamblers all over North America will be watching closely when the Steelers open their NFL season tonight against the Patriots.

GARY WIEPERT/THE ASSOCIATED PRESS FILE

in legal bets placed over the last season, according to a spokesperson

And, in Ontario, the business is far bigger. A representative of the Ontario Lottery and Gaming Corporation told me that from April 2013 through March 2014, \$82.3 million out of about \$282 million in legal, OLG-administered sports betting was wagered on the NFL.

"It's an ongoing soap opera and it culminates every Sunday," says Randall the Handle, one of Canada's best-known sports prognosticators, who



I think most people, if they have a choice between doing something legally and doing something illegally ... would usually choose legally.

Bill Rutsey, CEO, Canadian Gaming Association

has used his pseudonym since the 1980s.

"Football's always been the No. 1 betting sport in North America, but it's grown even more over the last five to 10 years."

Not all bets on the NFL are done legally, however.

The Canadian Gaming Association issued a statement prior to the 2015 Super Bowl, stating it estimated \$150 million would be wagered illegally on the big game in Canada, compared to \$3 million in legal bets.

Bill Rutsey, CEO of the CGA, points to the fact that single-event betting is against the law in Canada as a key reason why some people opt to throw money down illegally.

In 2011, Joe Comartin, an NDP MP for Ontario's Windsor-Tecumseh riding, introduced Bill C-290, which would do away with the ban on single-event betting.

The bill passed in the House of Commons but has remained in the Senate, virtually untouched since October 2014.

"I think most people, if they have a choice between doing something legally and doing something illegally, I think would usually choose to do something legally," Rutsey says. "I'm not suggesting that every single dollar is going to come from the underground economy to the legal economy, but I would say a great ... proportion of it will."

While betting on the NFL remains popular, fantasy sports pools, particularly in football, have experienced a meteoric rise.

Citing numbers from an Ipsos Public Affairs poll, the Fantasy Sports Trade Association in June reported that there are now more than 56 million people in Canada and the U.S. playing fantasy sports.

The organization touts football as the favourite sport among players, at a 73 per cent participation rate.

Vancouver-based sports marketing guru Tom Mayenknecht said the NFL has been successful in attracting the demographic

of sports fans aged 18 to 34, and called the rise of fantasy sports a "social phenomena."

"What has happened," said Mayenknecht, "is sports betting has been a driver in people having interest in more than just their favourite team."

As for the start of the NFL season, the Green Bay Packers are favoured to win the Super Bowl, according to VegasInsider.com.

Meanwhile, back in Vancouver, Munro has decided to put his money on another team to win Super Bowl 50, placing

+ THE SPREAD

In practice the point spread is simple to understand: if Minnesota is favoured by 7-1/2 over New Orleans, then Vikings supporters must see their team win by eight or more to cash in, while Saints fans are happy if Minnesota wins by seven or less, or if the Saints pull an upset.

The rationale underpinning spreads is a bit more complicated. The essential idea is to account for the relative strength and weakness of teams, so as to produce a matchup in which the two sides are as close as possible to being equally valuable to bettors.

The spread is a cumulative calculation performed by small groups of people for a small group of sports books, explains Randall the Handle, a well-known Canadian sports prognosticator.

"Their objective, of course, is to draw equal activity on both sides of that point spread because they don't want the house to be exposed," he said. "Ideally they want 50-50 on the game and they earn a commission."

a \$10 bet on the Baltimore Ravens, at the 22-1 odds offered by VegasInsider.com.

"They're usually right there with New England and Pittsburgh," Munro says. "So at that odd set ... it seemed like a good bet to make."



Ryan Boyd, left, and John Makrigiannis have started their own website, FootballEngineer.com, as an interactive tool for football fans to create their own NFL player rankings and team projections. CAM TUCKER/METRO



Almost \$14 million in legal bets passed through the B.C. Lottery Corporation over the last NFL season.

JENNIFER GAUTHIER/FOR METRO

AFC EAST

The AFC East got a lot more entertaining with one wacky, drama-filled off-season.

Rex Ryan brought his bluster to Buffalo. The New York Jets cleaned house, welcomed home one of the franchise's best players in Darrelle Revis and saw their quarterback socked in the jaw by a teammate. Miami paid big bucks to bolster an already dominant defensive line by bringing aboard Ndamukong Suh.

But after Deflategate no AFC East team could top the New England Patriots for drama.

And none of them are likely to top the Pats on the field either.

PREDICTED ORDER OF FINISH: Patriots, Dolphins, Jets, Bills.

AFC NORTH

When there's debate about the NFL's toughest division, AFC North teams point out playoff appearances.

Yep. Nobody can top them.

The AFC North has sent more teams to the playoffs than any other division in the last seven years — 15 in all. Last season, the Steelers (11-5) won the division and Cincinnati (10-5-1) and Baltimore (10-6) got wild cards.

That's pretty much the norm.

PREDICTED ORDER OF FINISH: Ravens, Steelers, Bengals, Browns.

AFC WEST

The Denver Broncos have owned the AFC West since Tebowmania swept the NFL in 2011.

They've won the division by an average of 3.67 games behind Peyton Manning, who hasn't had any feeling in the fingertips on his throwing hand since undergoing neck fusion surgery while with the Colts.

PREDICTED ORDER OF FINISH: Broncos, Chiefs, Raiders, Chargers.

AFC SOUTH

Nothing has changed in the AFC South, where the Texans, Jaguars and Titans all are chasing Indianapolis, and the Colts have their sights set so much higher than the division they dominate.

With Andrew Luck taking the Colts one step further in each of his first three seasons and now having some more help, Indianapolis is looking for its third Super Bowl trip in a decade.

PREDICTED ORDER OF FINISH: Colts, Texans, Jaguars, Titans.



DIVISION DECISIONS

How the NFL standings might look come playoff time in January



NFC EAST

When DeMarco Murray traded the blue star on his helmet for silver and white wings, the balance of power in the NFC East shifted from the Dallas Cowboys to the Philadelphia Eagles.

That might be the difference in a division that's had four different champions in the past four years.

While the Cowboys still have Tony Romo, Dez Bryant and perhaps the best offensive line in the league, they'll miss Murray's franchise-record 1,845 yards rushing.

The New York Giants and Washington Redskins won't be threats.

PREDICTED ORDER OF FINISH: Eagles, Cowboys, Giants, Redskins.

NFC NORTH

The NFL calling card of "competitive balance" has not exactly been evenly distributed. The Packers have eight of 13 division titles since the NFC North was formed in 2002. That includes each of the last four.

The Packers are 57-22-1 since 2010, 6-4 in the playoffs. Of Green Bay's rivals, Chicago (41-39) owns the lone post-season win in that time and Detroit (38-42) is the only team to qualify more than once.

PREDICTED ORDER OF FINISH: Packers, Vikings, Lions, Bears.

NFC WEST

The Seahawks are again clear favourites, with Russell Wilson, Marshawn Lynch and the addition of Jimmy Graham on offence, and a tip-top defence.

Seattle's closest rival is now likely in the desert, with Carson Palmer returning to Arizona.

If St. Louis is to challenge, it will be because of its elite defence and San Francisco is a team in transition having lost a handful of key personalities, including head coach Jim Harbaugh.

PREDICTED ORDER OF FINISH: Seahawks, Cardinals, Rams, 49ers.

NFC SOUTH

Cam Newton and the Carolina Panthers are the first team since the NFC South was established in 2002 to repeat as division champs, and they see little reason why they shouldn't win it again.

After all, not a single team in the division finished above .500 last season.

Going 7-8-1 was good enough for the Panthers to finish ahead of Atlanta, New Orleans and Tampa Bay, and it's not clear whether any of the teams are much better.

PREDICTED ORDER OF FINISH: Panthers, Saints, Falcons, Buccaneers.

THE ASSOCIATED PRESS
PHOTOS BY GETTY IMAGES

RECIPE Shrimp Couscous Salad with Chickpeas and Orange Dressing



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Ready in

Prep time: 15 minutes

Cook time: 5 minutes

Ingredients

- 1 cup chicken or fish stock
- 1 cup couscous
- 4 oz cooked, peeled shrimp, chopped
- 1/2 cup drained canned mandarin oranges
- 1/2 cup canned chickpeas, drained and rinsed
- 1/3 cup chopped green onions
- 1/4 cup raisins or dried cranberries
- Dressing
 - 2 Tbsp thawed orange juice concentrate
 - 2 Tbsp lower fat plain yogurt or sour cream
 - 2 tsp olive oil
 - 1 tsp minced garlic
 - 1/4 cup chopped fresh cilantro

Directions

1. In a small saucepan, bring stock to a boil. Remove from heat. Stir in couscous; cover and let stand for five minutes. Fluff with a fork. Transfer to a large bowl, and cool.
2. Stir shrimp, mandarin oranges, chickpeas, green onions, and raisins into couscous.
3. To make dressing: In a small bowl, whisk together orange juice concentrate, yogurt, olive oil, and garlic. Pour over couscous mixture; toss to coat. Garnish with cilantro.

Nutrition per serving (recipe serves 6)

- Calories 208
- Protein 10 g
- Carbohydrates 36 g
- Fibre 2.7 g
- Total fat 2.7 g
- Saturated fat 0.4 g
- Cholesterol 37 mg
- Sodium 229 mg

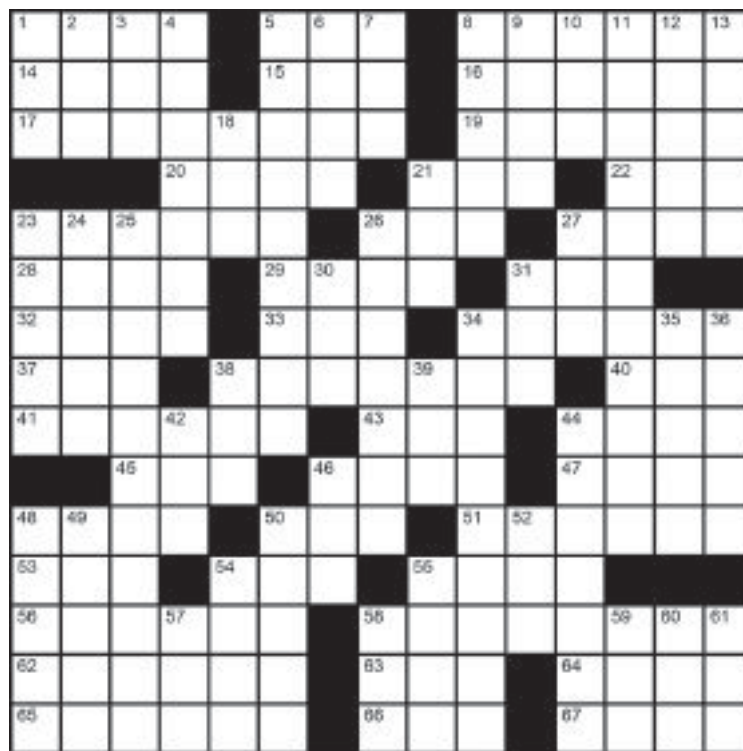
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Gateway
5. Slick
8. "Superman" (1978) star Christopher, and surnamesakes
14. Harp, in Italy
15. Actor's hint
16. Mr. Grenier of "Entourage"
17. Finalist in the current Lay's 'Do us a Flavour!' chips contest: Cowboy ____ (The other three finalists are at #56-Across, #5-Down and #11-Down!)
19. The Marriage of __, by Mozart, 1786
20. Mr. Lugosi
21. __ & __ (Telecommunications company)
22. Novel
23. Like many a climb's direction
26. '___' for Labrador
27. Water's whirl-ee
28. Plane reservation
29. Above
31. Baby guitar
32. Mr. Solo of "Star Wars" (1977), and others
33. "K-___" (2001) starring Kevin Spacey
34. Ready-made, as some houses
37. Yore
38. "The ___ Brief" (1993) starring Julia Roberts and Denzel Washington
40. Function
41. Select an audio function
43. Hot beverage holder



44. Gremlins
45. "Rob ___" (1995)
46. Style
47. Encounter
48. Eve's guy
50. Sweetie
51. Matures, as a mango
53. CFL official
54. Daze
55. Willing's partner

56. As per #17-Across... Chicken
58. When family sits at the dining room table
62. "___ Eleven" (2001)
63. Grampus
64. Russian river
65. Daze
66. Bowl-shaped

- frying pan
67. Search

DOWN

1. Smidgen
2. Globe
3. Alphabetic trio
4. Hippity-hoppers
5. As per #17-Across... P.E.I. ___ Potatoes
6. Roman moon
7. Oui's meaning
8. Castaway getaway-ers
9. Revise
10. Energy unit
11. As per #17-Across... ___ de Montreal (Montreal Smoked Meat)
12. Dog-__

13. Mr. Owl the Canadian bird
18. Snake-looking splasher
21. Televiser
23. One-named male vocalist
24. The Power of Positive Thinking author, Norman Vincent __ (b.1898 - d. 1993)
25. Like many hobbyist projects
26. Vocabulary
27. Just manage, ___ out
30. Mr. Kilmer
31. Pot
34. "___ Writer" by The Beatles
35. Tree beavers like
36. Trumps
38. Jimmy
39. Cow's wad
42. "Papa-___-Mow-Mow" by The Livingtons
44. Momentum
46. Be a ham for the cameras
48. Ann __ Michigan
49. Tie score in tennis
50. Western movie animal
52. Unwell
54. "Twin Peaks" actress Sherilyn
55. 'Air'-meaning prefix
57. Universal principle
58. Maintain the lawn
59. Dublin's country [abbr.]
60. Daisy __ (Li'l Abner character)
61. Deer family member

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20

You will be required to put other people's desires ahead of your own. In fact, working with others will be a great deal of fun, both for them and for you.

Taurus April 21 - May 21

Cosmic activity in your fellow Earth sign of Virgo will make it easy for you to take the risks you dream about but rarely have the nerve to try. Be your own boss and reap the rewards.

Gemini May 22 - June 21

It will pay to go along with what other people want to do today. The more you bow to their wishes now the more likely they will be to support you later on when you want to do your own thing.

Cancer June 22 - July 23

You will be inspired to visit new places and try out new things. You may not be the most adventurous of the zodiac but every now and again you go right the other way and make up for it big time. Such a time is now.

Leo July 24 - Aug. 23

A money-making opportunity will come your way over the next few days but you must act quickly. You can and you must be more adventurous.

Virgo Aug. 24 - Sept. 23

Decisions you make on the spur of the moment will work out well but make sure you know your limits. Don't make promises you can't keep. Think of your reputation.

Libra Sept. 24 - Oct. 23

You need to confront and then deal with those nagging doubts and secret fears that have been holding you back. The more anxious you are the harder it is to think clearly.

Scorpio Oct. 24 - Nov. 22

Any sudden and unexpected changes that take place around the time of Sunday's eclipse are sure to work in your favour. If you want to make a lifestyle change don't hang around and wait for approval.

Sagittarius Nov. 23 - Dec. 21

You need to make more of the skills and talents you were born with. You must be more of a go-getter and self-starter between now and the end of the year. Use your imagination.

Capricorn Dec. 22 - Jan. 20

You must be free to make your own decisions and to come and go as you please. Anyone who tries to limit you must be told in no uncertain terms to mind their own business — or else!

Aquarius Jan. 21 - Feb. 19

Face up to what you fear the most. Trying to ignore what scares you won't work, so look it in the eye and refuse to be intimidated. Soon you will realize just how powerless it is.

Pisces Feb. 20 - March 20

Try not to take it personally if someone you care for acts coldly towards you. They have some serious issues to deal with, so give them time, give them space, and they will be back to their old selves very soon.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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